



# Spring Semester Challenge



MONTH 2

## Couch to 5K Tracking Sheet

Name: \_\_\_\_\_

Welcome to month 2 of the Couch to 5K running challenge. Remember to start each exercise session with a 5 minute warm-up and a 5 minute cool-down. This month you will be slowly increasing your jogging distance.

Check off each day you complete the training program. Remember to return all three months of tracking sheets to [wellness@weber.edu](mailto:wellness@weber.edu) or MC 3501 by April 19, 2019.

Week	Workout 1	Workout 2	Workout 3
5	Alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. <input type="checkbox"/>	Alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. <input type="checkbox"/>	Alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. <input type="checkbox"/>
6	Complete two repetitions of the following: <input type="checkbox"/> <ul style="list-style-type: none"> <li>Jog 200 yards</li> <li>Walk 200 yards</li> <li>Jog 400 yards</li> <li>Walk 400 yards</li> </ul>	Complete two repetitions of the following: <input type="checkbox"/> <ul style="list-style-type: none"> <li>Jog 200 yards</li> <li>Walk 200 yards</li> <li>Jog 400 yards</li> <li>Walk 400 yards</li> </ul>	Complete two repetitions of the following: <input type="checkbox"/> <ul style="list-style-type: none"> <li>Jog 200 yards</li> <li>Walk 200 yards</li> <li>Jog 400 yards</li> <li>Walk 400 yards</li> </ul>
7	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Jog 1/4 mile</li> <li>Walk 1/8 mile</li> <li>Jog 1/2 mile</li> <li>Walk 1/4 mile</li> <li>Jog 1/4 mile</li> <li>Walk 1/8 mile</li> <li>Jog 1/2 mile</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Jog 1/4 mile</li> <li>Walk 1/8 mile</li> <li>Jog 1/2 mile</li> <li>Walk 1/4 mile</li> <li>Jog 1/4 mile</li> <li>Walk 1/8 mile</li> <li>Jog 1/2 mile</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Jog 1/4 mile</li> <li>Walk 1/8 mile</li> <li>Jog 1/2 mile</li> <li>Walk 1/4 mile</li> <li>Jog 1/4 mile</li> <li>Walk 1/8 mile</li> <li>Jog 1/2 mile</li> </ul>
8	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Jog 1/2 mile</li> <li>Walk 1/4 mile</li> <li>Jog 1/2 mile</li> <li>Walk 1/4 mile</li> <li>Jog 1/2 mile</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Jog 3/4 mile</li> <li>Walk 1/2 mile</li> <li>Jog 3/4 mile</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Jog 2 miles with no walking.</li> </ul>

